

Environment supported to develop young child discipline

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ABSTRACT: Teaching discipline of young children is not only independent, but also requires others support which are physical and psychological environment. However, many parents and educators tend to train discipline with hard training and punishment. Eventually, firm training and punishment were being ineffective. Even, this pattern leads to the new negative behavior in children. Discipline is an abstract issue on young children, then the environmental support is needed to facilitate children easier to follow the norm of discipline. The purpose of this paper is to explain the importance of psychological environment and physical environment to build discipline in early childhood.

1 BACKGROUND

Discipline education means a teaching individual to do orderly, organized steady and neatly. In addition, discipline also teaches a person to have responsibility to his/her own self and its environment, dealing something into position, equitable to his/ her self and others. Discipline behavior is conducted to obey the rules and laws governing public. A discipline behavior is not only related to the comfort and safety of his own life but also connected to other's people in society. That is what makes a person must be disciplined as a form of responsibility and care for the community.

Actually, dealing with taking the rules and discipline is not only related to the social life, but also the universe in nature is highly disciplined. In nature, people can watch the return of the day and night. Then, it had seen the rotation of the earth, the planets, the moon and the sun. They are discipline circulating in their orbit. Each of them is following the rules. The Nature is arranged neatly and orderly. They performed a high-level discipline and organized.

Discipline is very important behavior for everyone. It's needed to be thought since he or she was a young child. However, the problem is how to teach discipline in children? Discipline behavior is not limited only related to the rules and laws. If parents or educators only focus on "following the rules" it is not surprising that some parents use punishment to discipline children. When violence is done then the result is not being discipline, but other

behavior problems arise. In some researches, there are cases when parents trying to teach discipline with harshness and punishment to children, so they got the opposite effect of discipline, it's created a negative behavior on their children (Slade & Wissow 2004, Manuel et al. 2010, Sobita 2014, Hart et al. 1992, Smith 2004).

The discipline formation in early childhood requires appropriate strategies and approaches to their development (Socolar 2007). Discipline education is not just teach a child following the rules without awareness and sense of social responsibility.

This paper was created to answer questions; What and how exactly takes an early child before trained to follow the rules? What do the children need to be disciplined? What support does the child need to enforce discipline?

2 THE GOAL OF DISCIPLINE

The purpose of discipline is to live orderly, safe, peaceful, and comfortable for all parties. Each individual contributes to the order of society. Teaching discipline implemented since on early-childhood education. In addition, discipline also helps children to have good self-esteem, self-esteem, avoid children from misconduct, and avoid aggression, criminal behavior in adulthood, depression, and alcohol addiction (Socolar 2007).

3 SELF AWARENESS

If the goal of discipline is well organized in personal life and society, it means that the discipline needed self-awareness. More over the prime focus is how develop discipline base on internal recognition not only following the rules. Following the rules is more external motivation than internal awareness. So, talking about internal recognition was needed understanding, willingness and making decision to choose discipline behavior. The real discipline is not only following the rules without any motif and awareness. The main awareness is internal recognition.

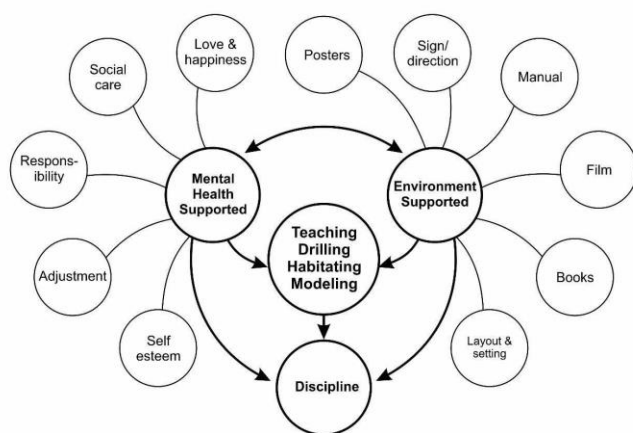


Figure 1. Elements supported on discipline

This following will present the discipline mechanism as shown on figure 1. Before teaching discipline, it necessary the factors of mental health, psychological and physical environmental supported, then modeling, drilling and teaching discipline.

4 MENTAL HEALTH SUPPORTED

Positive behavior, social care and responsibility to society are influenced by mental health. People with mental illness may have difficulties to do stable and positive behavior. The first condition to develop discipline is both of an educator, and student must have mental health. The awareness to do positive behavior and adjustment in society for people with mental health is much easier to develop (Hastuti 2008).

Talking about mental health, there are many theorists have argued that “accurate perceptions of the self, the world, and the future are essential for mental health” (Taylor & Brown 1988). Regarding

to Maslow (Pujiatni & Lestari 2010) mental health related to realism, acceptance, autonomy, capacity for intimacy and creativity. Furthermore, Taylor & Brown (1988) emphasized criteria of mental health including “the ability to care about others, the ability to be happy or contented, and the ability to engage in productive and creative work”. Adjustment, positive emotion, and mental health is foundation to discipline (Bronfenbrenner 1979, Smith 2004, Hastuti 2008).

Gail & Seehy described that there are ten happy and mental health characteristics; (1). Have a goal and direction in life, (2). Have important transition in adult period, and handle it with creative, (3). Rarely feel disappointed and treat unfair in life, (4). Achieving some important goals in life, (5). Caring with personal growth and development, (6). Having good loving relationship and mutualism, (7). Have a lot of friends, (8). A fun and excited person, (9). Criticism is not seen as a personal attack that lowers self-esteem, (10). Do not have the fears that others generally have (Hastuti 2008).

Related to the influenced of parent mental illness in children “There is significant relationship between social relation and psychological adjustment among the children of depressed and anxious parents” (Mahmood et al. 2015). Some researcher described that people with maladjustment, unhappy, under pressure, tend to do harsh and rude to teach child discipline. Consequences it tends to build negative behavior. In contrast, happy mothers teach discipline her child warmer and more democratic. Devandra (2013) said that “prohibited physical punishment will have an impact on the good mental health children and good quality basic education”.

Discipline with internal motivation and awareness, only can be developed on foundation of mental health. Parents with stress, depression and aggression cannot handle education in good manners, including implemented discipline to their children. According to Mahmood et al. (2015) mental illness in parents such as depressed and anxious can cause social relationship and psychological issues in children.

5 ENVIRONMENT SUPPORTED

During the process of establishing discipline in early childhood, it is also required the concrete media to help process of implementation. According to Piaget theory, the stage of early childhood cognitive development is on pre-operational and concrete operations. To understand something abstract, they

need media assistance. The issue of discipline is something abstract for early childhood. Some forms of environment support in discipline include psychological and physical environment supported

Something can be done to organize the psychological environment such as creating a physical and social environment that seeks to prevent children from doing the unexpected. For example: provide enough room to play, close the flow of electricity. (Smith 2004). In addition prohibited physical punishment will have an impact on the good mental health and good quality basic education.

The physical environment supported will help them easier to understand rules. "The media as a tool can make the learning process runs effectively, understandable, concrete more in explaining an abstract image so as to reduce the occurrence of verbalism" (Nurseto 2011). Teaching discipline in young children, educators can use posters, manual and film. Devandra (2013) said that using posters, manual and film, should be developed to advocate for a ban a punishment. Poster is one of the media in supporting character education. Posters that contain motivations can improve student discipline whenever reading the poster. In addition, a conducive and comfortable environment will make students able to improve their discipline (Trisnawati & Roesminingsih 2017). "Using posters to train children discipline are very helpful. It was help children orderly, obey the rules, understand the instruction and easier to follow the role" (Listiana &

Rachmawati 2016). In addition, this poster could help children improving organizational skills, academic learning, communication, socialization, and self-control (Hawkins & Clayton 2011, Listiana & Rachmawati 2016). Furthermore," Posters and manual can be used as a method of disciplining children without using corporal punishment. Posters can be used in training sensitization and advocacy. This manual will help in taking the initiative and a strong step towards banning of corporal punishment" (Devandra 2013)

6 CONCLUSSION

Discipline is an abstract issue on young children. Teaching discipline on young children is not only independent, but also requires others support to build it. Both are mental health condition and physical environmental. Mental health is giving the strong foundation to develop self-awareness in following the roles. While the environmental support is needed to facilitate children easier to follow and understand the roles.

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